"One you" Leeds

Leigh View Medical Practice

- Manage your **weight**
- **Move** more
- **Eat** well
- **Cook** well
- Your **support**
- Be **smoke free**
- n.b. Locally, smoking cessation services include availability for 1:1 sessions in Middleton, at range of times including both day times or evening appointments. Group sessions are also available at Middleton and Armley.

Anyone (aged 18+) **can self-refer at:**
www.oneyouleeds.co.uk/sign up
or by calling
0800 169 4219

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